



FOREST HAIKU

A loosed twirly bird
takes one dance you
by chance see
that ends on the floor

5 syllables

7 syllables

5 syllables

Haiku captures the essence of one brief incident in nature in a concise format.

Haiku emphasizes the visual, the fleeting, and the thought-provoking.

Practice this unique format, and you'll be able to tune in to more precise mindful moments in the woods, the foundation of shinrin-yoku.

